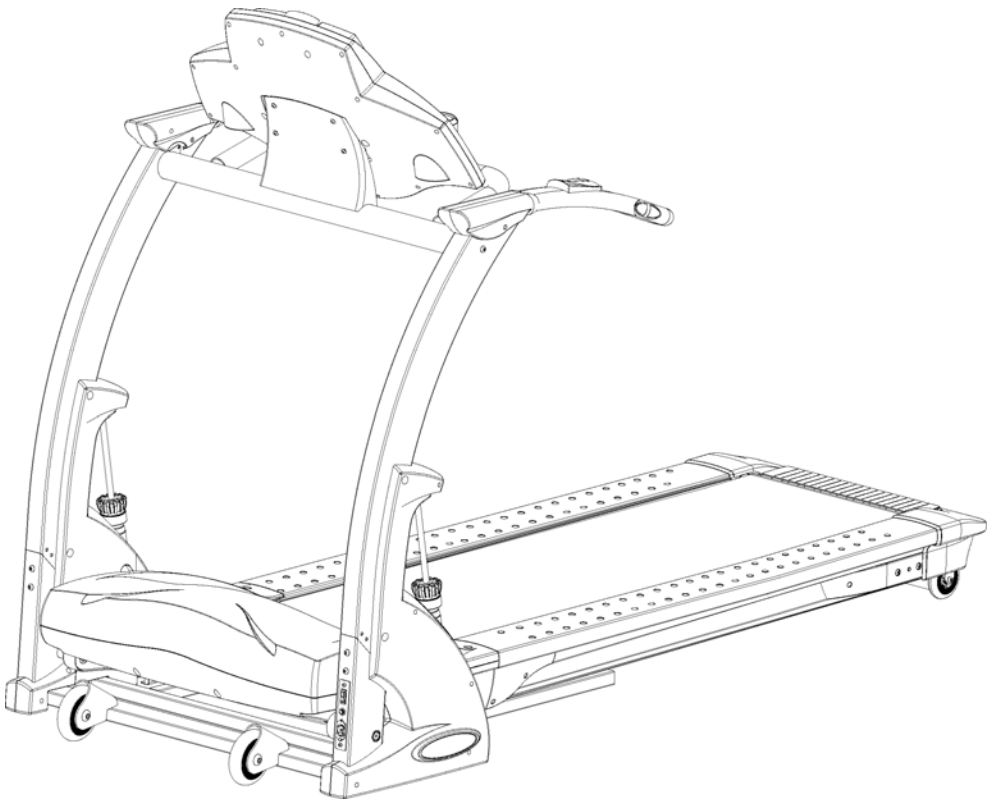
USER'S MANUAL

X-FIT 7 MOTORIZED TREADMILL

MODEL NUMBER: **X-FIT 7**



USER WEIGHT LIMITATION: **136kgs.** (300lbs.)

SERIAL NUMBER (found on frame):

CE

2rd Edition

PRECAUTIONS

Precautions:

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.
- Place on a level surface, with 2 meters (6 feet) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
- When choosing a location for the treadmill make sure that the location and position permit access to a plug.
- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the treadmill at all times.
- The treadmill should not be used by persons weighing more than 136kgs. (300lbs.)
- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.
- Always straddle the belt and allow it to start moving before stepping onto the belt.
- Always examine your treadmill before using to ensure all parts are in working order.
- Allow the belt to fully stop before dismounting.
- Never insert any object or body parts into any opening.
- Follow the safety information in regards to plugging in your treadmill.
- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
- Never leave the treadmill unattended while it is running.

POWER REQUIREMENTS

Power Requirements:

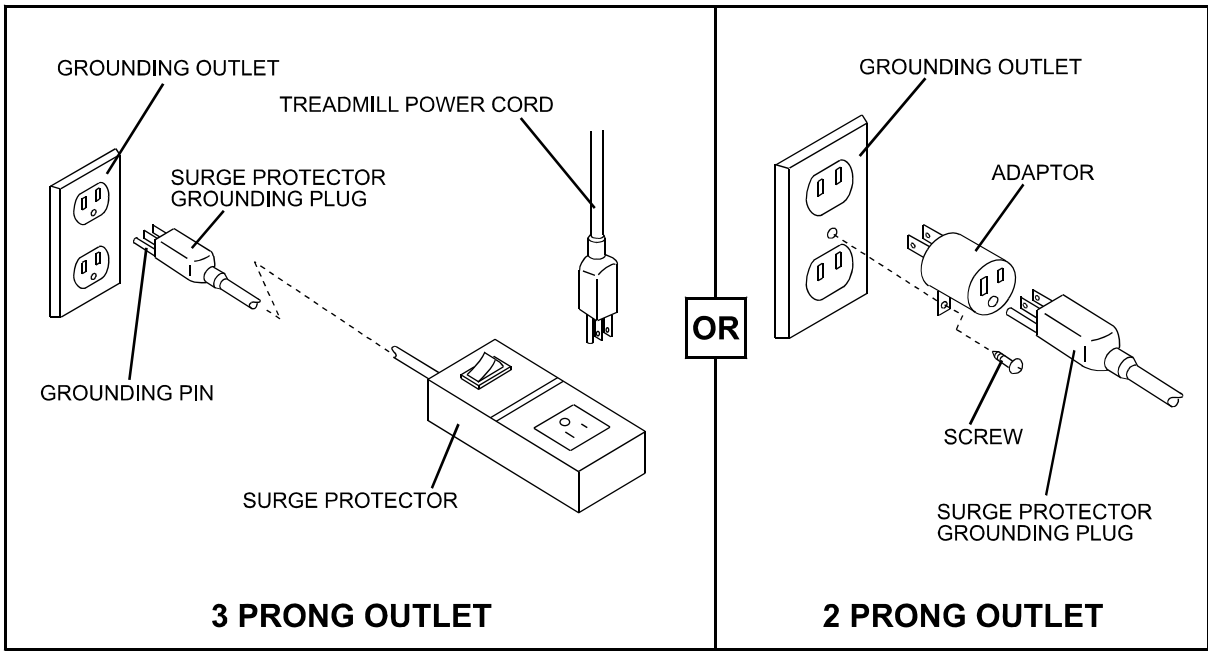
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 120VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill comes with an electrical cord having an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.



PREASSEMBLY

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call the manufacturer.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

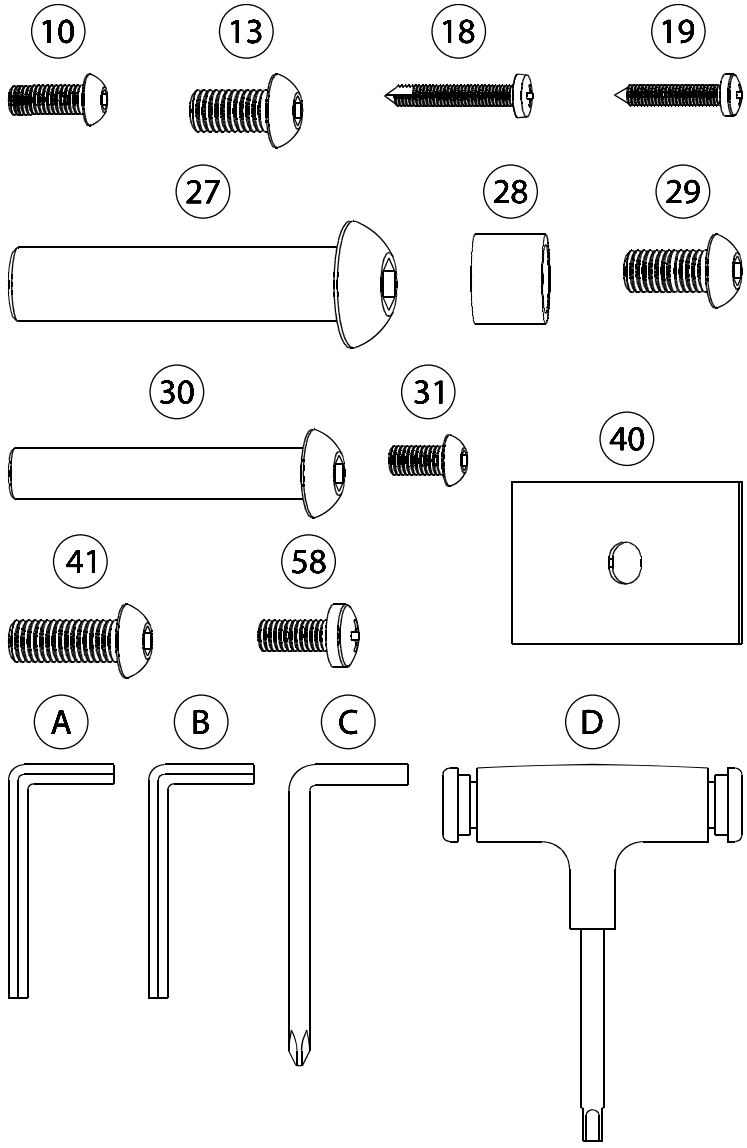
Please note that there is a weight limitation for this product. **If you weigh more than 136kgs (300lbs.) it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

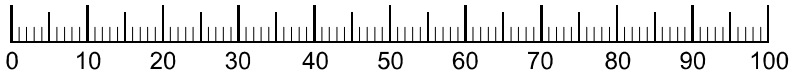
HARDWARE COMPARISON CHART

Hardware chart:

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.
NOTE: After assembly there will be a few spare parts (2 part #19 and 4 part #10 pieces) to be used if needed.

NO.	DESCRIPTION	QTY.
10	M6 x 20mm Allen Head Bolt	4
13	M8 x 10mm Bolt	4
18	#8 x 25mm Screw	14
19	#8 x 19mm Screw	12
27	1/2" x 68mm Bolt	2
28	Plastic Spacer	4
29	M8 x 16mm Allen Bolt	6
30	Upright Support Lock Pin	2
31	M6 x 15mm Allen Head Screw	2
40	Plastic Cover	2
41	M8 x 25mm Allen Bolt	2
58	M6 x 15mm Phillip Head Screw	2
A	4mm Allen Wrench	1
B	5mm Allen Wrench	1
C	Wrench	1
D	6mm Allen Wrench	1





MILIMETERS

PARTS LIST

NO.	DESCRIPTION	QTY.	ORDER NO.
1	Console	1	XFIT7-01
2	Top Console Housing	1	XFIT7-02
3	Bottom Console Housing	1	XFIT7-03
4	Bottle Bracket	2	XFIT7-04
5	Decoration Strap	1	XFIT7-05
6	Glove Compartment	1	XFIT7-06
7	Safety Key	1	XFIT7-07
8	M4 x 12mm Console Screw	14	XFIT7-08
9	M4 x 12mm Screw	2	XFIT7-09
10	M6 x 20mm Allen Head Bolt	4	XFIT7-10
11	Console Support Tube	1	XFIT7-11
12	M5 x 12 Screw	3	XFIT7-12
13	M8 x 10mm Bolt	4	XFIT7-13
14	Handlebar Rear End Cap - Left #1	1	XFIT7-14
15	Handlebar Rear End Cap - Left #2	1	XFIT7-15
16	Handlebar Rear End Cap - Right #2	1	XFIT7-16
17	Handlebar Rear End Cap - Right #1	1	XFIT7-17
18	#8 x 25mm Screw	16	XFIT7-18
19	#8 x 19mm Screw	14	XFIT7-19
20	Motion Control Sensor	2	XFIT7-20
23	Hand Pulse Sensor	2	XFIT7-23
24	Handlebar Front End Cap	2	XFIT7-24
25	M8 x 15mm Screw	2	XFIT7-25
26	#4 x 19 Screw	4	XFIT7-26
27	1/2" x 68mm Bolt	2	XFIT7-27
28	Plastic Spacer	4	XFIT7-28
29	M8 x 16mm Allen Bolt	10	XFIT7-29
30	Upright Support Lock Pin	2	XFIT7-30
31	M6 x 15mm Allen Head Screw	2	XFIT7-31
32	Left Upright	1	XFIT7-32
33	Right Upright	1	XFIT7-33
34	Suspension System Hardware Assembly	2	XFIT7-34
35	N/A		
36	Upright Support Tube - Upper	2	XFIT7-36
37	Connector Bolt	2	XFIT7-37
38	M12 Nut	2	XFIT7-38
39	Upright Support Tube - Bottom	2	XFIT7-39
40	Plastic Cover	2	XFIT7-40
41	M8 x 25 Allen Bolt	2	XFIT7-41
42	M14 x 113 Bolt	2	XFIT7-42
43	Bushing	4	XFIT7-43
44	Power Switch Set	1	XFIT7-44
45	M5 x 10mm Screw	2	XFIT7-45
46	Base Frame	1	XFIT7-46
47	Running Deck Fixed Tube Sleeve	2	XFIT7-47
48	Level Adjuster	2	XFIT7-48
49	Cushion	4	XFIT7-49
50	6 x 13mm Washer	13	XFIT7-50
51	#8 x 15mm Screw	51	XFIT7-51
52	Upright Plastic Shroud - Left #1	1	XFIT7-52
53	Upright Plastic Shroud - Left #2	1	XFIT7-53
54	Upright Plastic Shroud - Right #2	1	XFIT7-54
55	Upright Plastic Shroud - Right #1	1	XFIT7-55
56	Side Cover - Left	1	XFIT-56

PARTS LIST

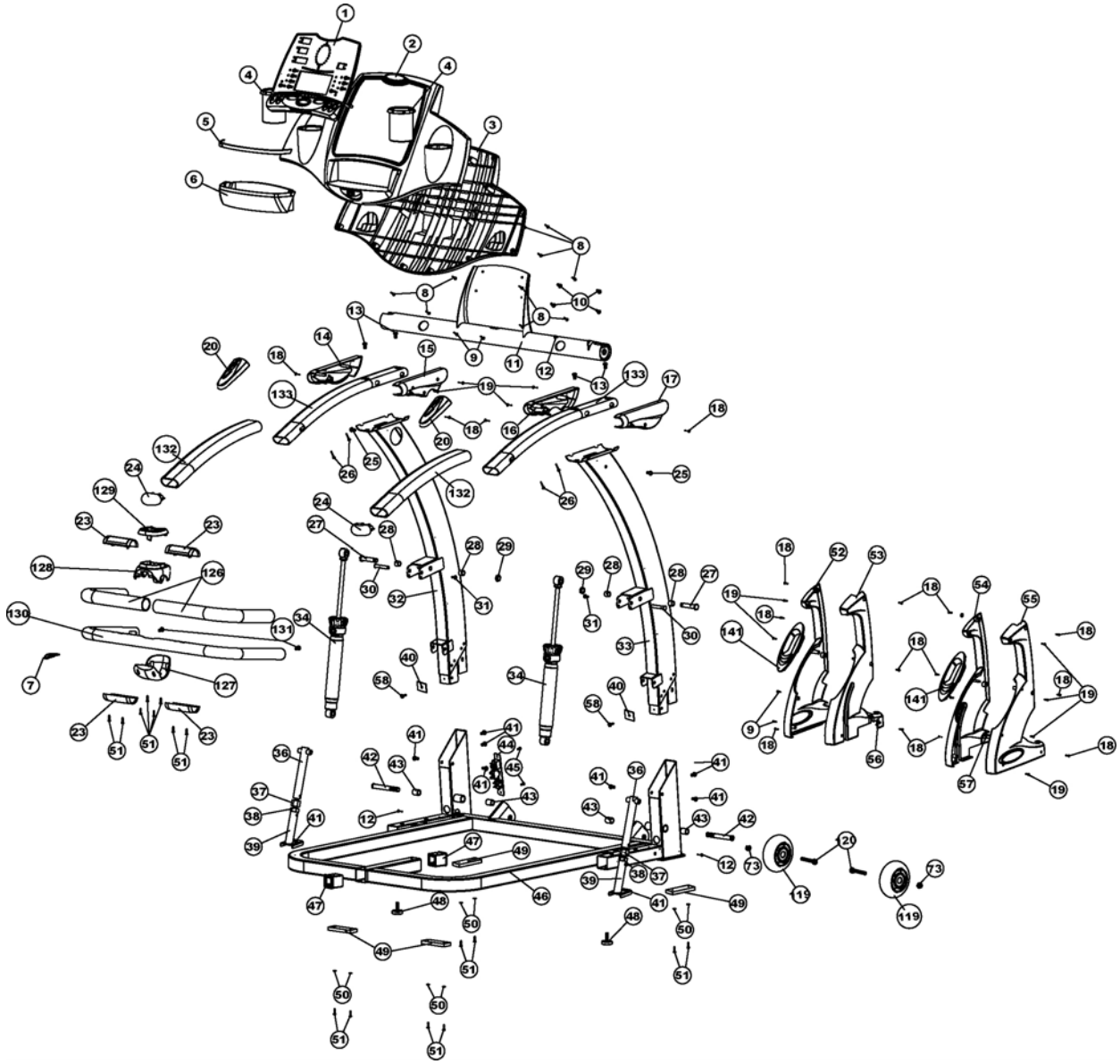
NO.	DESCRIPTION	QTY.	ORDER NO.
57	Side Cover - Right	1	XFIT7-57
58	M6 x 15mm Phillip Head Screw	2	XFIT7-58
59	Front Foot Platform	1	XFIT7-59
60	#8 x 50mm Screw	2	XFIT7-60
61	Motor Hood	1	XFIT7-61
62	Aluminum Side Rail	2	XFIT7-62
63	Running Belt	1	XFIT7-63
64	Rear Foot Platform	1	XFIT7-64
65	Rubber Spacer - Left	1	XFIT7-65
66	Rubber Spacer - Right	1	XFIT7-66
67	Running Deck Rear Cover	1	XFIT7-67
68	M8 Nut	10	XFIT7-68
69	Running Deck	1	XFIT7-69
70	Deck Rubber Cushion	10	XFIT7-70
71	Spring Washer	12	XFIT7-71
72	M10 x 15mm Screw	9	XFIT7-72
73	M10 Nylon Nut	5	XFIT7-73
74	Washer	2	XFIT7-74
75	Rubber Cushion	1	XFIT7-75
76	M10 x 135mm Bolt	1	XFIT7-76
77	Driving Motor Bracket	1	XFIT7-77
78	8 x 16mm Washer	2	XFIT7-78
79	M8 x 15mm Screw	2	XFIT7-79
80	M10 x 136mm Bolt	1	XFIT7-80
81	Driving Motor	1	XFIT7-81
82	Elevation Motor	1	XFIT7-82
83	M5 x 12mm Screw	2	XFIT7-83
84	Clip	2	XFIT7-84
85	M10 x 63mm Bolt	1	XFIT7-85
86	Front Roller	1	XFIT7-86
87	Front Roller Shaft	1	XFIT7-87
88	Motor Drive Belt	1	XFIT7-88
89	M10 x 35mm Bolt	1	XFIT7-89
90	Deck Frame	1	XFIT7-90
91	Motor Hood Side Cover - Left	1	XFIT7-91
92	Motor Hood Side Cover - Right	1	XFIT7-92
93	Micro Switch	1	XFIT7-93
94	M8 x 70mm Bolt	3	XFIT7-94
95	M8 x 40mm Bolt	8	XFIT7-95
96	Elevation Support Tube Clamp - upper	2	XFIT7-96
97	Elevation Support Tube Clamp - Bottom	2	XFIT7-97
98	Clamp Bracket	2	XFIT7-98
99	M8 x 25mm Bolt	4	XFIT7-99
100	Deck Frame Side Cover - Left #1	1	XFIT7-100
101	Deck Frame Side Cover - Right #1	1	XFIT7-101
102	Rear Roller	1	XFIT7-102
103	Rear Roller Shaft	1	XFIT7-103
104	Deck Frame Side Cover - Left #2	1	XFIT7-104
105	Deck Frame Side Cover - Right #2	1	XFIT7-105
106	Rear Frame	1	XFIT7-106
107	Foot Platform Support Frame	1	XFIT7-107
108	M8 x 43mm Bolt	2	XFIT7-108
109	Wheel	2	XFIT7-109
110	Running Deck Fixed Tube	1	XFIT7-110

PARTS LIST

NO.	DESCRIPTION	QTY.	ORDER NO.
111	M8 Nylon Nut	2	XFIT7-111
112	Elevation Support Tube Side Cover - Left	1	XFIT7-112
113	Elevation Support Tube Side Cover - Right	1	XFIT7-113
114	Elevation Support Tube	1	XFIT7-114
115	Motor Belly Pan	1	XFIT7-115
116	#8 x 35mm Screw	4	XFIT7-116
117	Anti-Static Brush	2	XFIT7-117
118	Brush Fixing Bracket - Upper	2	XFIT7-118
119	Transport Wheel	2	XFIT7-119
120	M10 x 60mm Bolt	2	XFIT7-120
121	Brush Fixing Bracket - Bottom	1	XFIT7-121
122	#4 x 19mm screw	6	XFIT7-122
123	M6 x 15 Screw	6	XFIT7-123
124	Spring Washer	6	XFIT7-124
125	4mm Washer	2	XFIT7-125
126	Front Handlebar Grip	2	XFIT7-126
127	Emergency Stop - Bottom	1	XFIT7-127
128	Emergency Stop - Upper	1	XFIT7-128
129	Emergency Stop Bottom	1	XFIT7-129
130	Front Handlebar	1	XFIT7-130
131	M8 x 15mm Bolt	2	XFIT7-131
132	Handlebar Grip	2	XFIT7-132
133	Handlebar	2	XFIT7-133
134	Steel Sheet	1	XFIT7-134
135	MCB Cooling Fan	1	XFIT7-135
136	Motor Control Board	1	XFIT7-136
137	Transfer Board	1	XFIT7-137
138	Transformer	1	XFIT7-138
139	Mat	1	XFIT7-139
140	Rubber Dot	1	XFIT7-140
141	Shock Top Cover	2	XFIT7-141

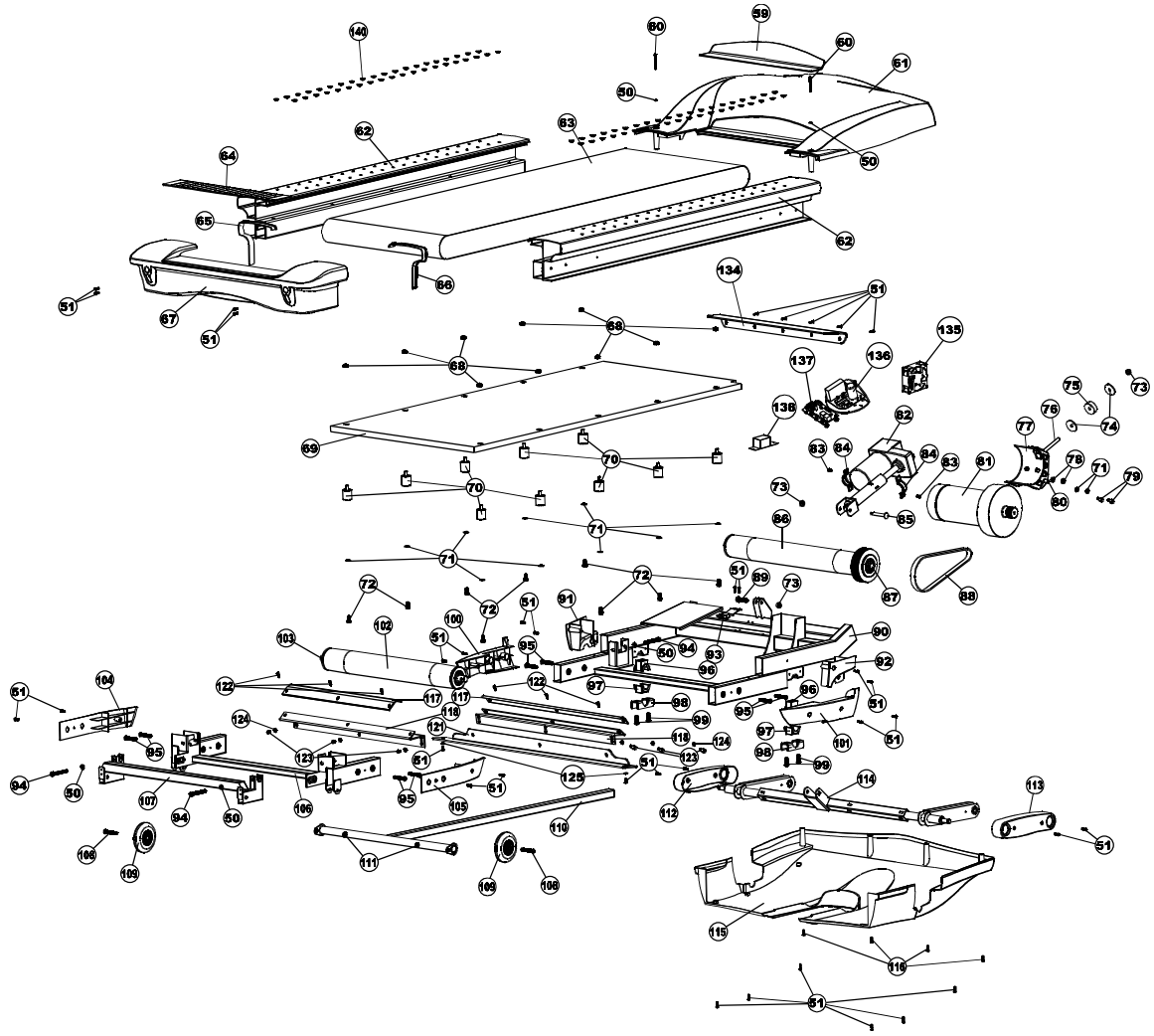
PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



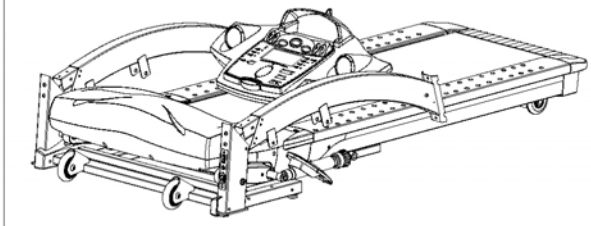
ASSEMBLY

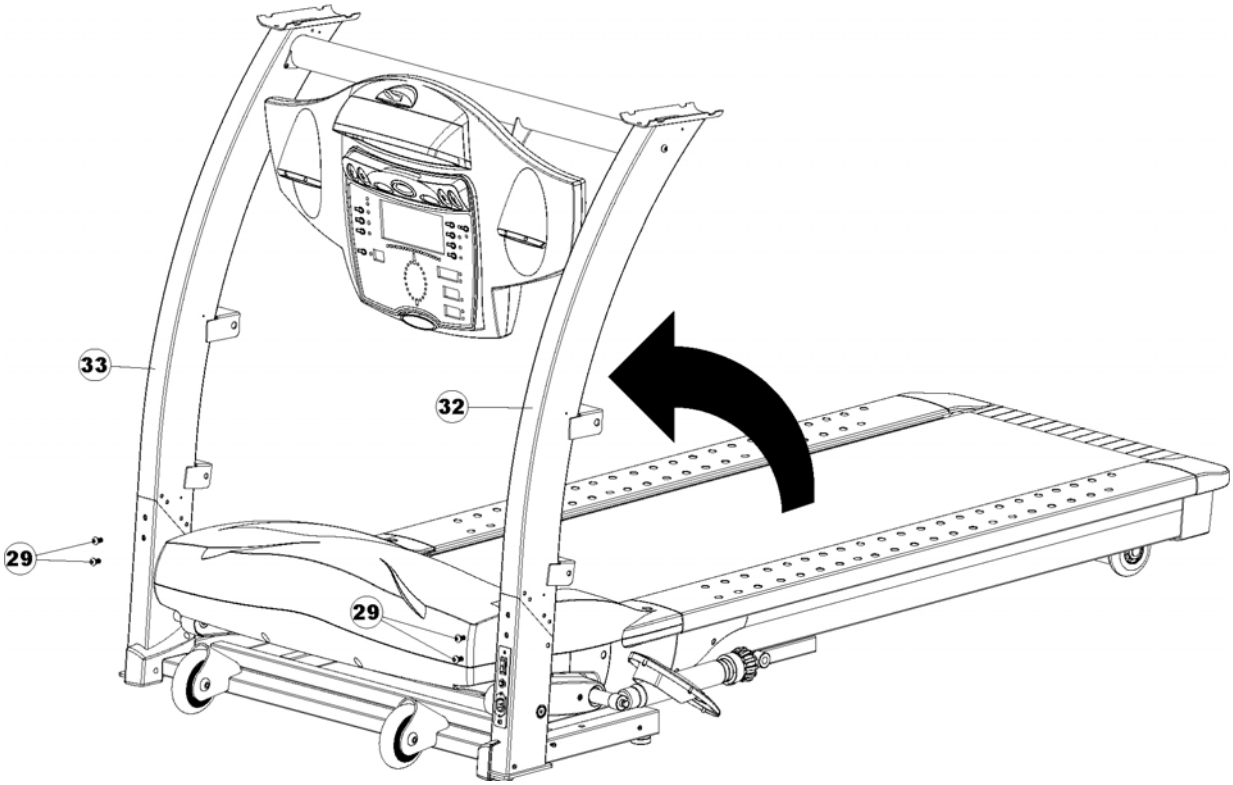
STEP 1:

Remove your treadmill from the carton and place it on the floor in an open area as shown in FIG-1.

Rotate the Left Upright (32) and Right Upright (33) up to the correct position as shown and secure in place using four M8 x 16mm Allen Bolts (29).

FIG-1

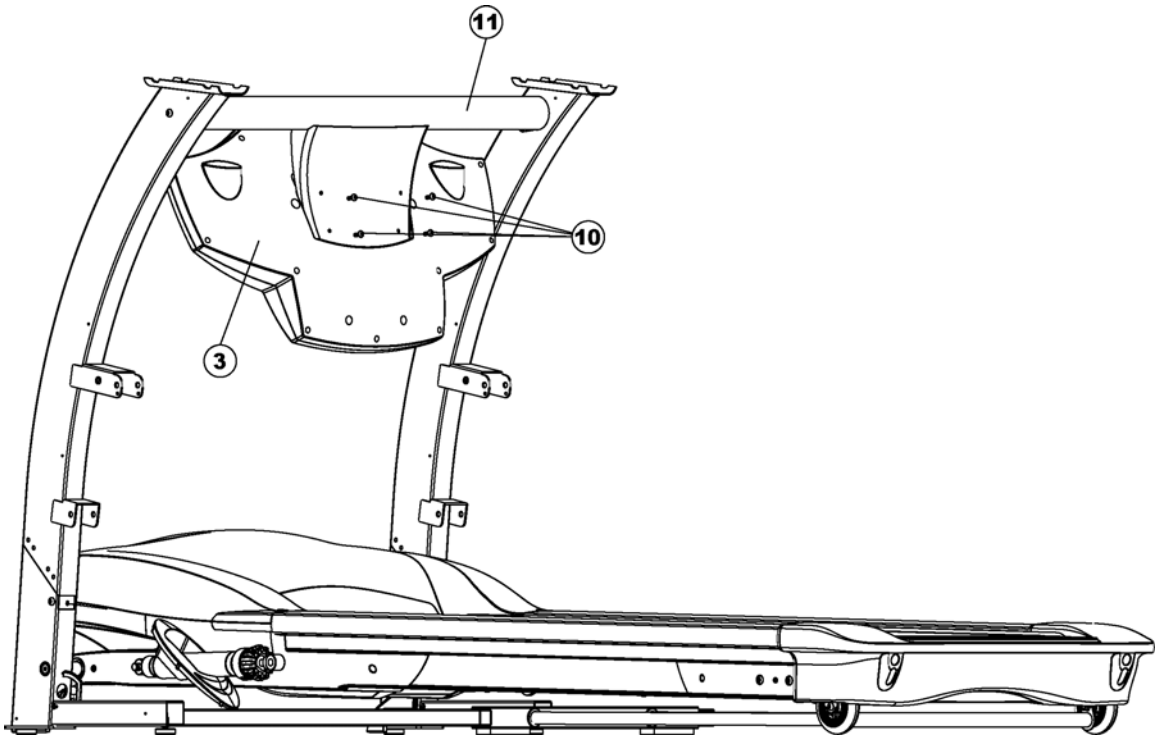




ASSEMBLY

STEP 2:

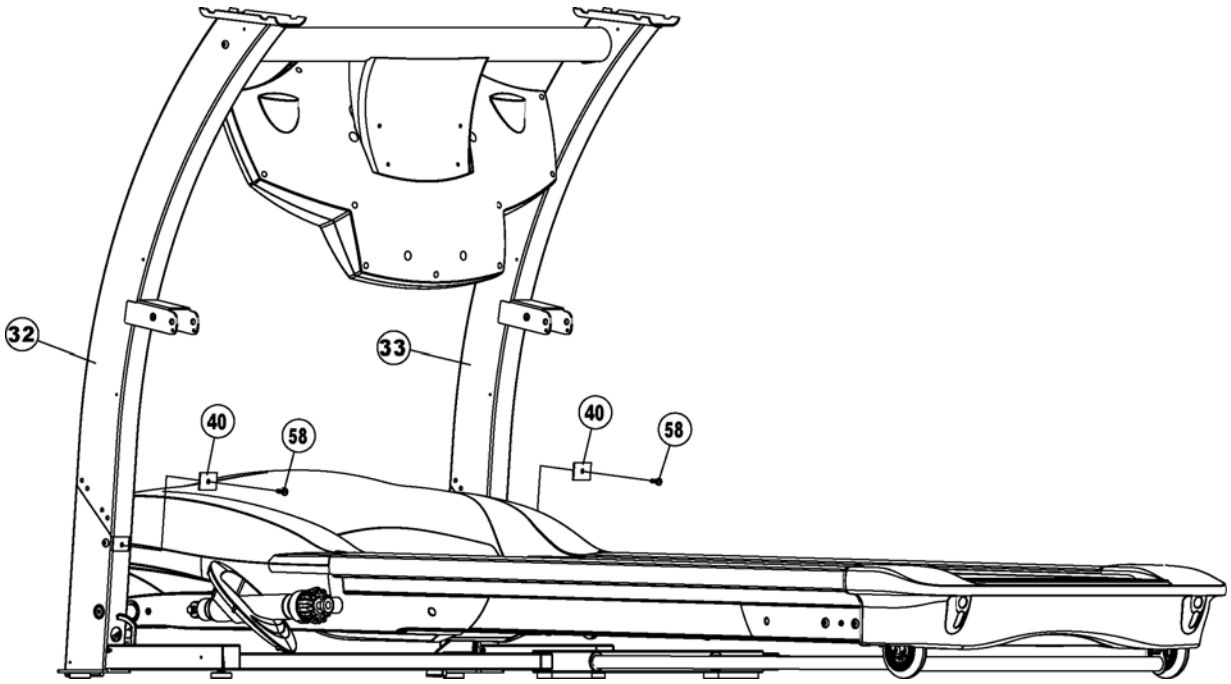
Remove the four M6 x 20mm Allen Head Bolts (10) from the back of the Bottom Console Housing (3), they have been preassembled by the factory. Then secure the Bottom Console Housing (3) to the Console Support Tube (11) using the four M6 x 20mm Allen Head Bolts (10).



ASSEMBLY

STEP 3:

Attach a Plastic Cover (40) to the Left Upright (32) and to the Right Upright (33) then secure each in place using one M6 x 15mm Phillip Head Screw (58).

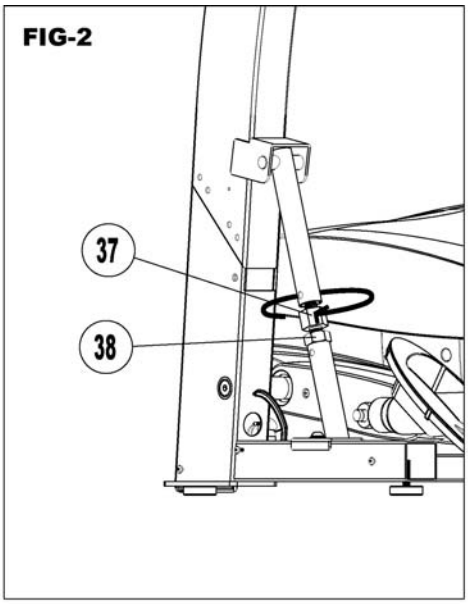


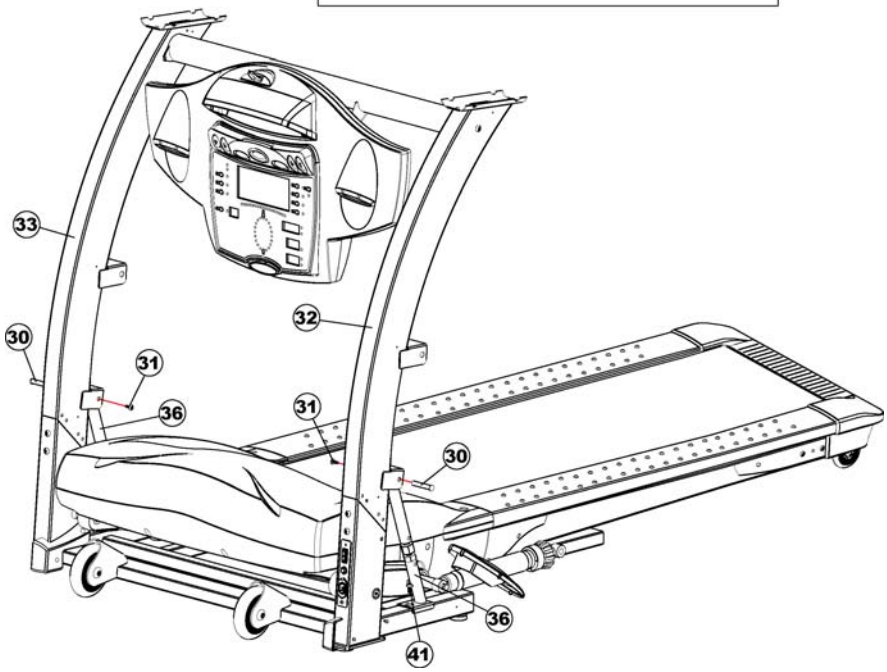
ASSEMBLY

STEP 4:

Attach the Upright Support Tube Assembly (36) to the Left Upright (32) and secure with Upright Support Lock Pin (30) and M6 x 15 Allen Head Screw (31). Repeat the procedure on the Right Upright (33).

Note: Turn the Connector Bolt (37) as shown until fully tightened, turn the M12 Nut (38) as shown until fully tightened.

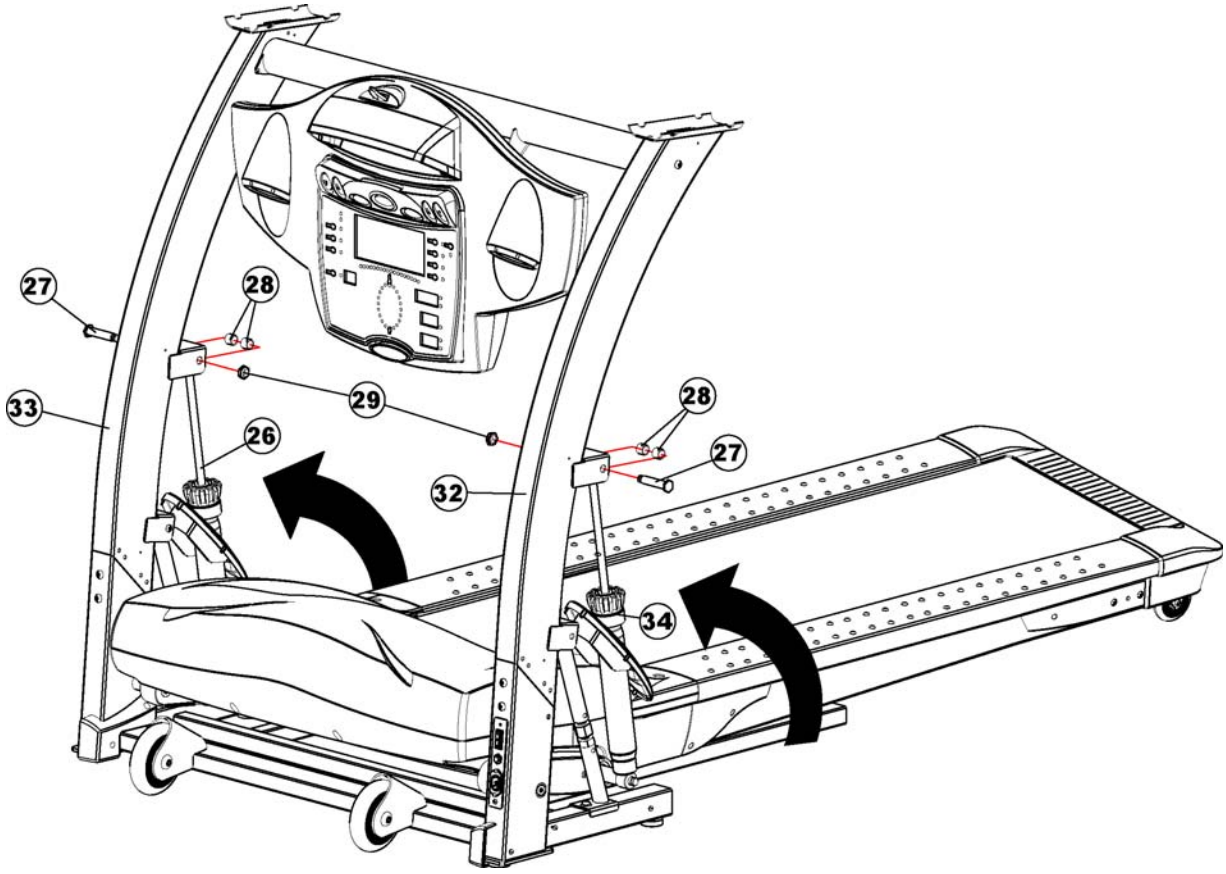




ASSEMBLY

STEP 5:

Rotate up the Suspension System Hardware Assembly (34) and secure to the Left Upright (32) using Bolt (27), Rubber Spacers (28) and Nut (29). Repeat this procedure on the Right Upright (33).



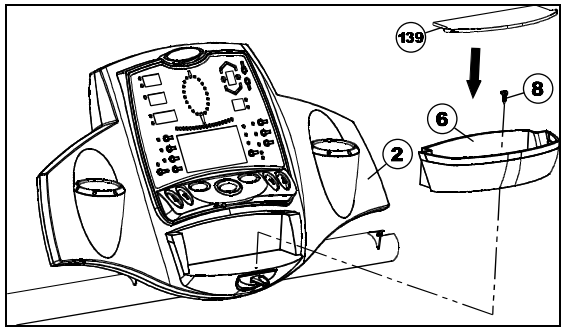
ASSEMBLY

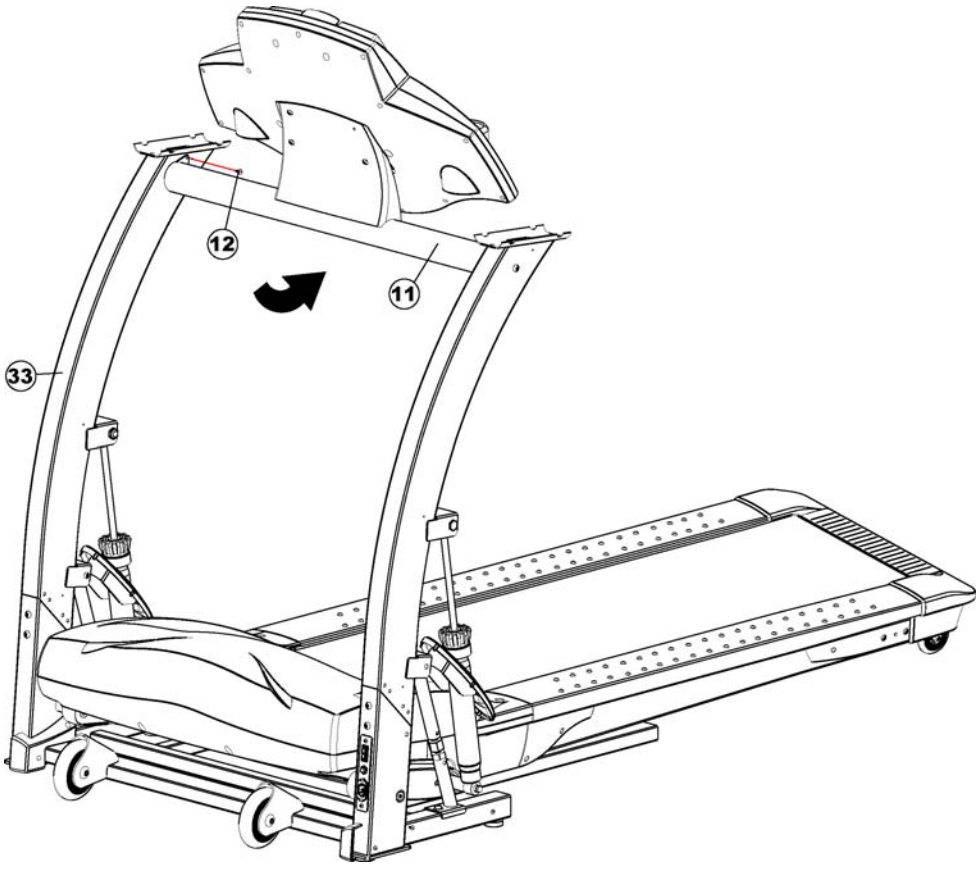
STEP 6:

Remove the M5 x 12 Screw (12) from the Console Support Tube (11) then rotate the Console Support Tube (11) up to the correct position as shown and secure it in place using the M5 x 12 Screw (12).

Attach the Glove Compartment (6) to the Top Console Housing (2) and secure with M4 x 12mm Console Screw (8). Place the Mat (139) into the Glove Compartment (6), as shown in FIG 4.

FIG. 4



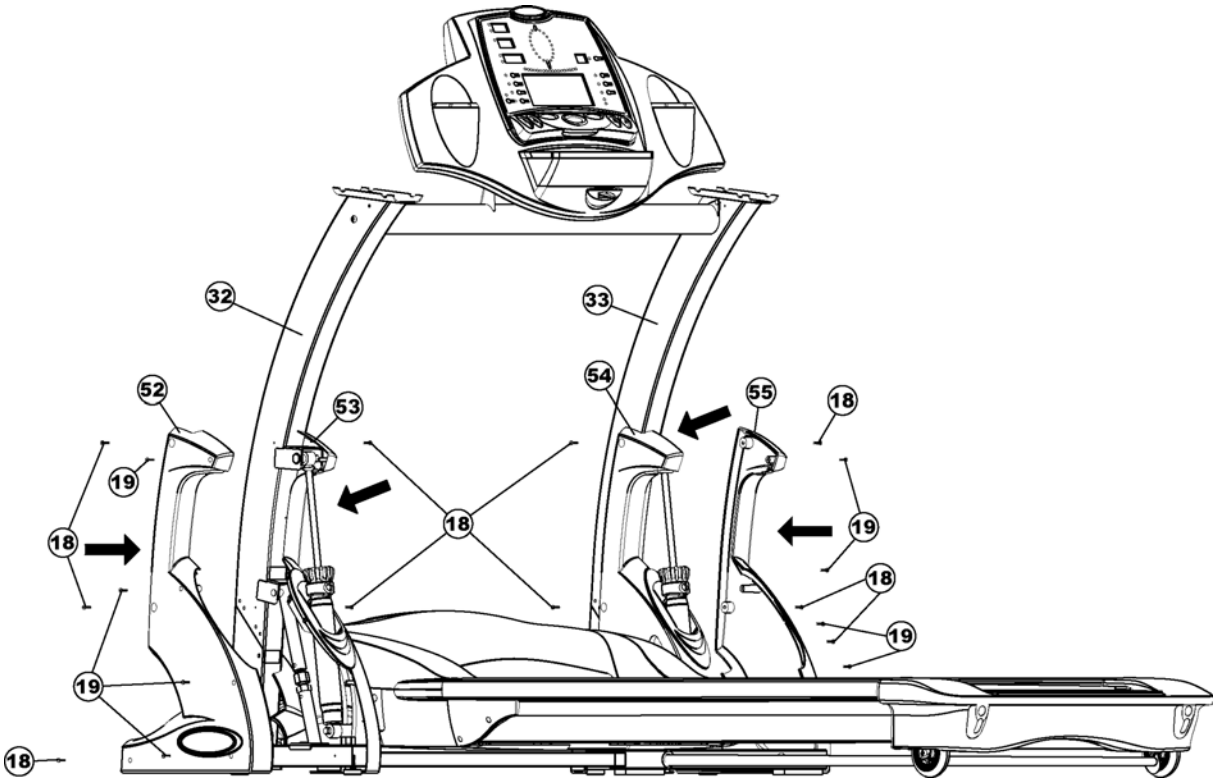


ASSEMBLY

STEP 7:

Attach the Upright Plastic Shroud - Left #1 (52) to the Upright Plastic Shroud - Left #2 (53) and Left Upright (32) using six #8 x 25mm Screws (18) and four #8 x 19mm Screws (19).

Attach the Upright Plastic Shroud - Right #1 (55) to the Upright Plastic Shroud - Right #2 (54) and Right Upright (33) using six #8 x 25mm Screws (18) and four #8 x 19mm Screws (19).



ASSEMBLY

STEP 8:

Connect the two sets of wires between the Handlebar (133) and the Left Upright (32) as shown in FIG 5. Attach the Handlebar (133) to the Left Upright (32) using two M8 x 10mm Bolts (13).

Repeat this procedure on the other side. Attach the Handlebar (133) to the Right Upright (33)

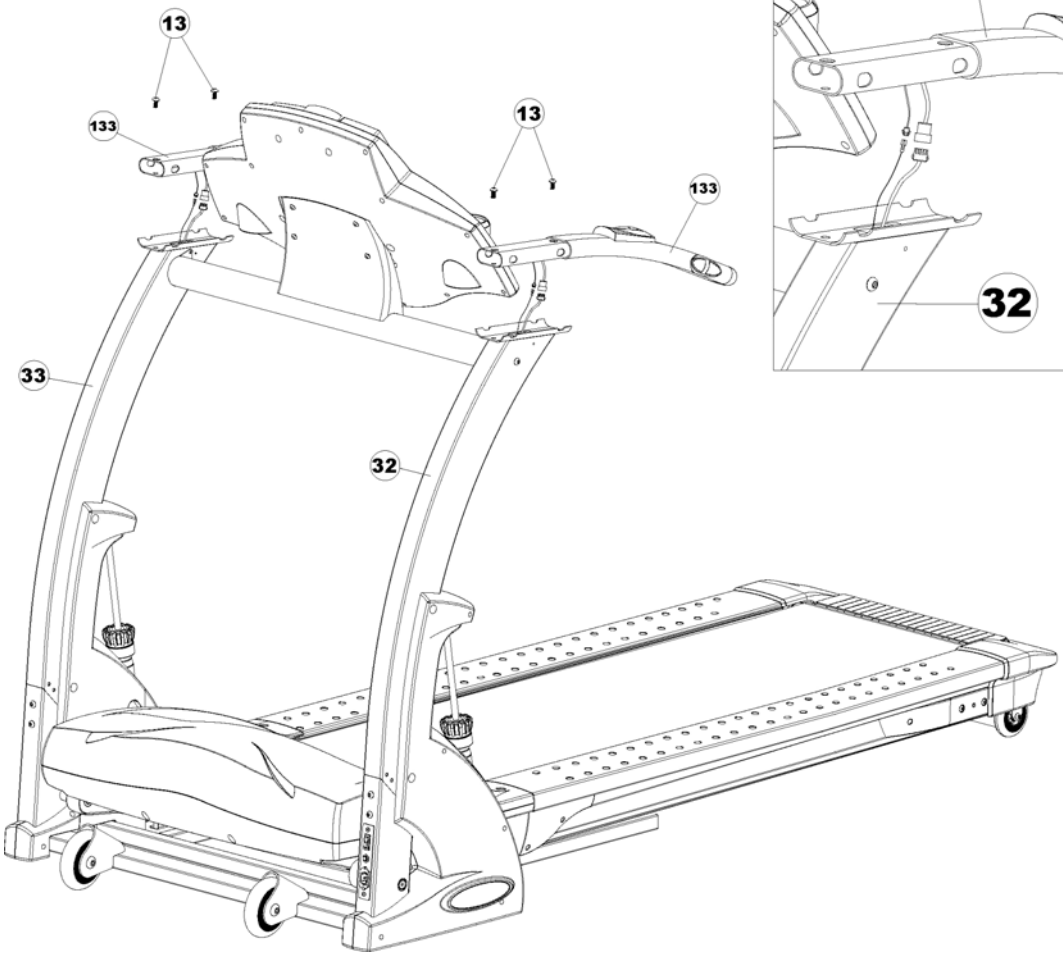
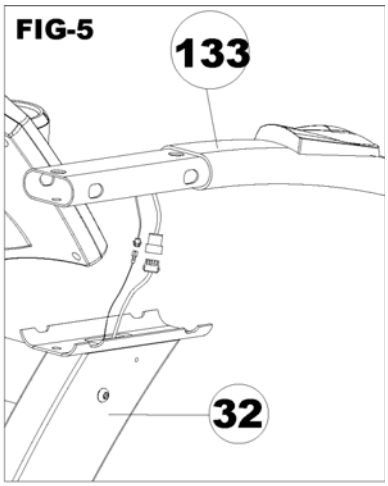


FIG-5

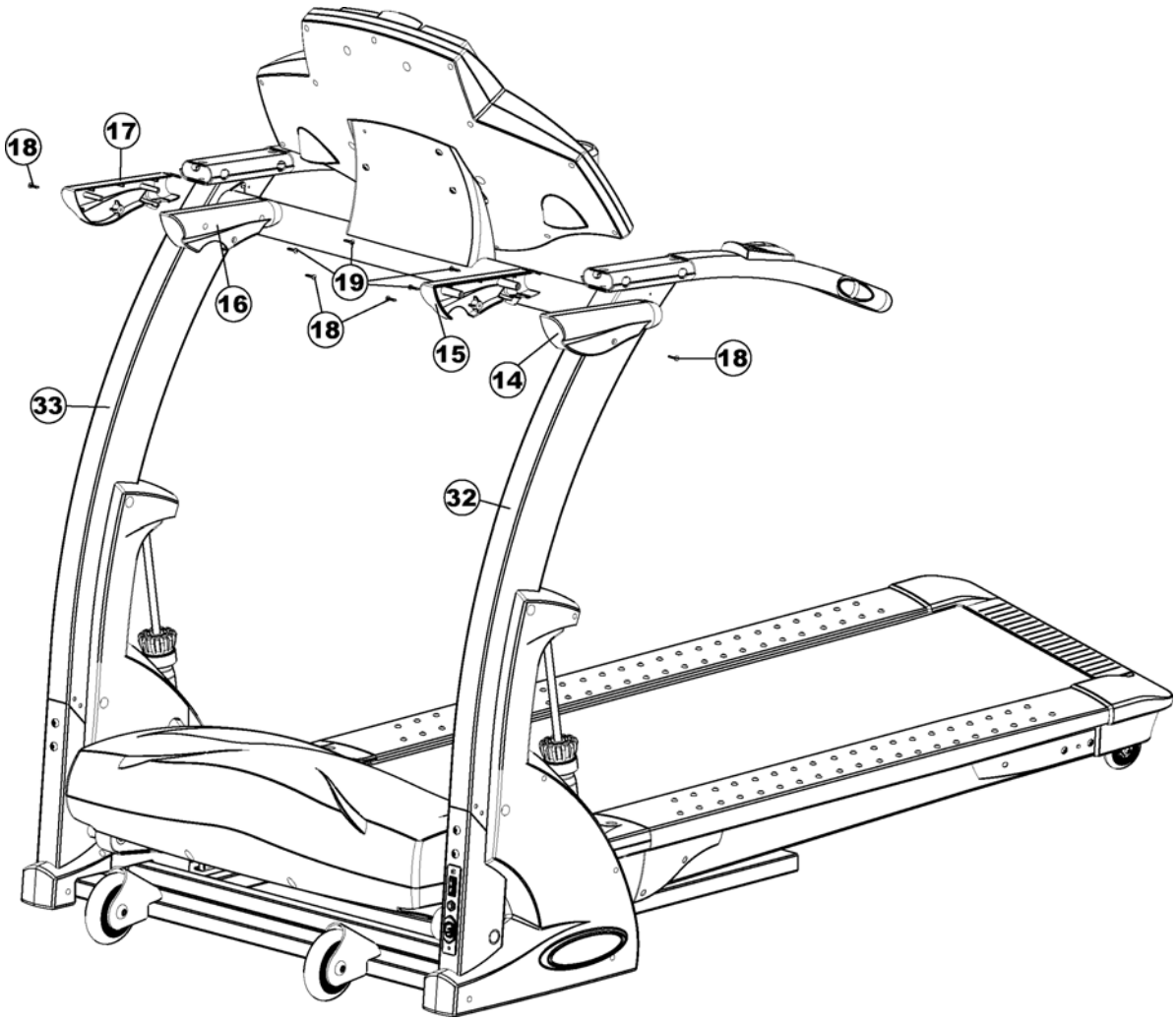


ASSEMBLY

STEP 9:

Attach the Handlebar Rear End Cap - Left #1 (14) and Handlebar Rear End Cap - Left #2 (15) to the top of the Left Upright (32) using two #8 x 25mm Screws (18) and two #8 x 19mm Screws (19).

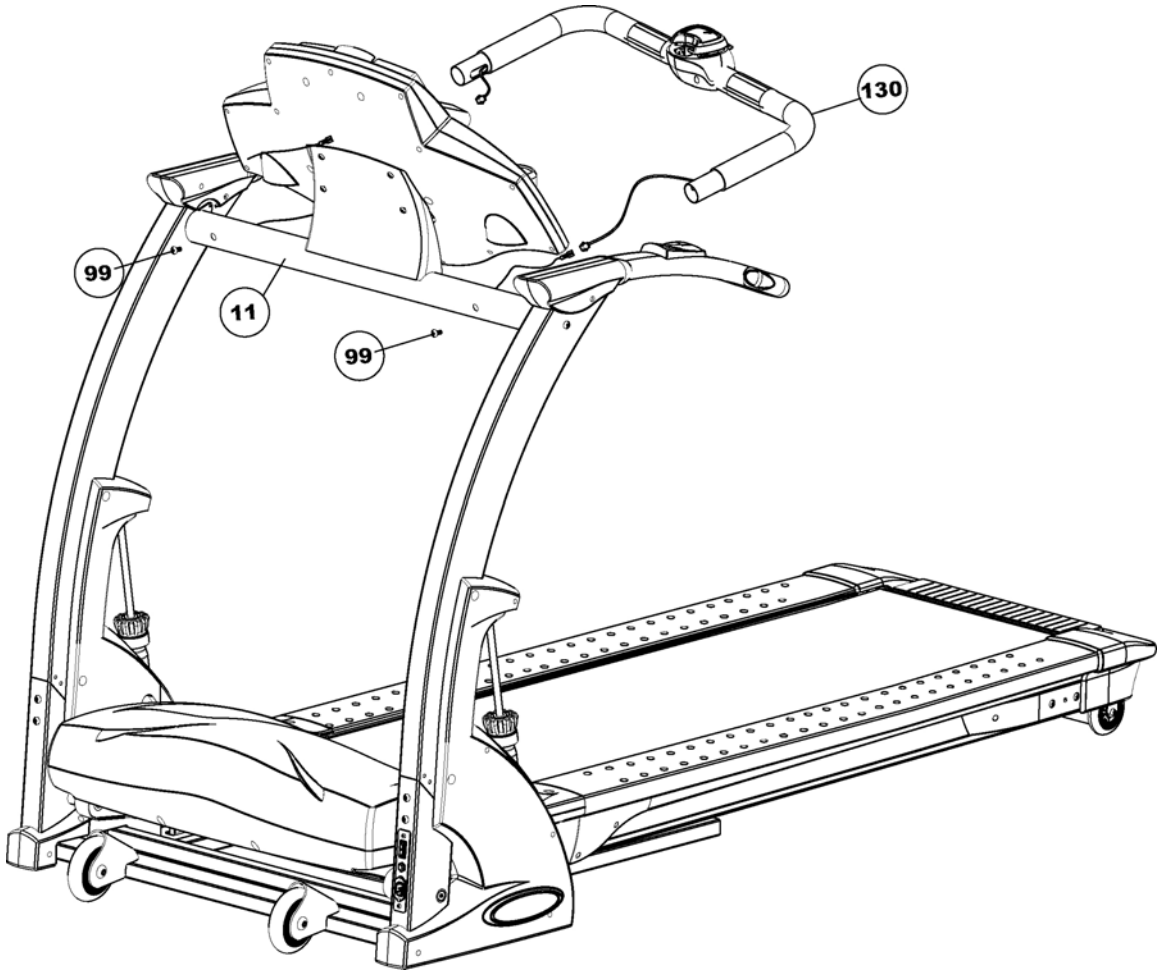
Attach the Handlebar Rear End Cap - Right #2 (16) and Handlebar Rear End Cap - Right #1 (17) to the top of the Right Upright (33) using two #8 x 25mm Screws (18) and two #8 x 19mm Screws (19).



ASSEMBLY

STEP 11:

Attach the Front Handlebar (130) to the Console Support Tube (11) and secure with two M8 x 25mm Bolts (99).
Your X-Fit 7 treadmill is now fully assembled.
NOTE: Please make sure the Safety Key is inserted (it is located below the Emergency Stop Button), or the treadmill will not operate.

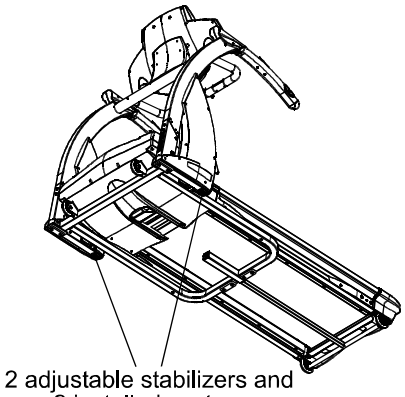


STABILIZER ADJUSTMENT

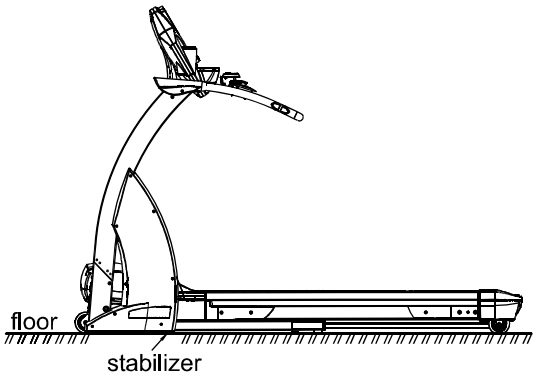
How to level the treadmill:

An uneven floor or improper stabilizer level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill stabilizer is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

1. There are two adjustable stabilizers and two installed casters located on the underside of the treadmill as shown in drawing **1**. These all need to sit firmly on the floor to prevent the treadmill from wobbling during use.

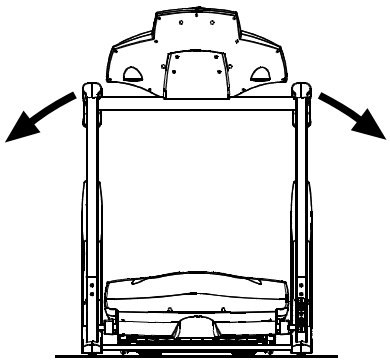


2. Inspect the two stabilizers (one per side) and two installed casters (one per side) located underneath the base frame. The treadmill should sit with both stabilizers and both cushions resting firmly on the floor as shown in drawing **2**.



2. Check position of stabilizers and cushions.

3. Shake the handlebars back and forth to check if they are resting firmly on the floor. If they are not, tilt the treadmill to one side to adjust the stabilizers as shown in drawing **3**. (You may need the assistance of another person to perform this adjustment.) Simply turn the stabilizers like a screw to adjust their heights. Repeat this until the treadmill sits firmly on the floor.

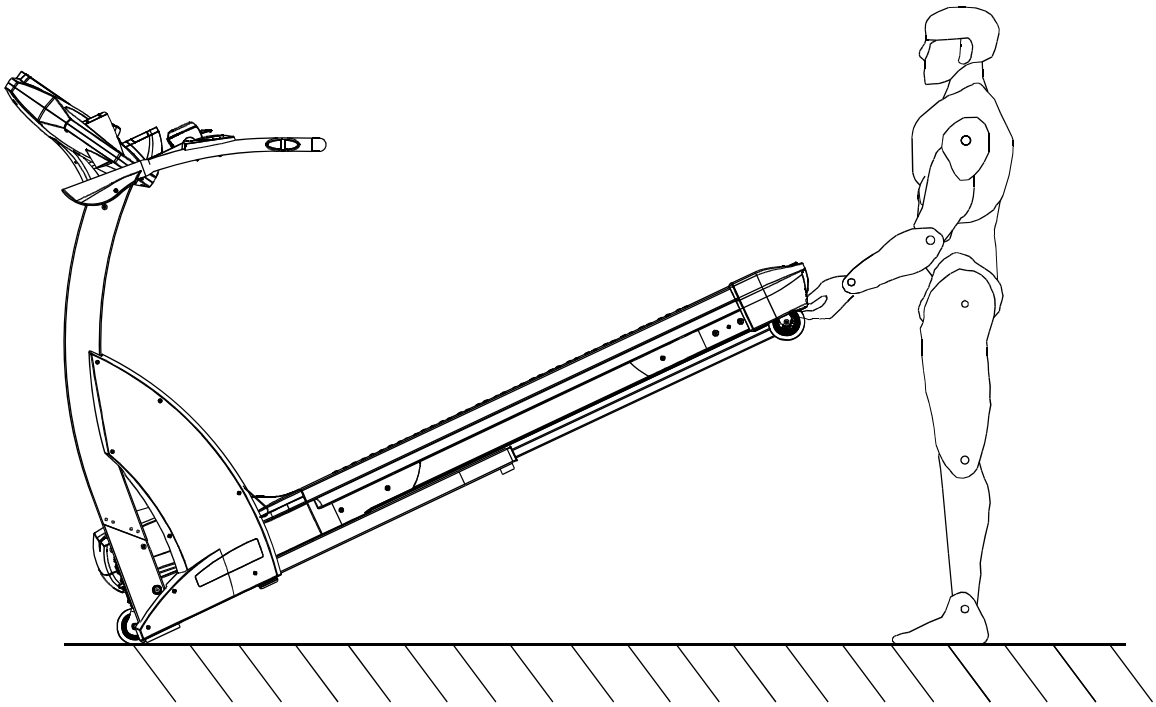


3. Tilt treadmill to access stabilizers.

TRANSPORTATION INSTRUCTIONS

How to transport your treadmill:

To move your treadmill simply lift the rear of the deck and roll it to the desired location.



MAINTENANCE

How to maintain your treadmill:

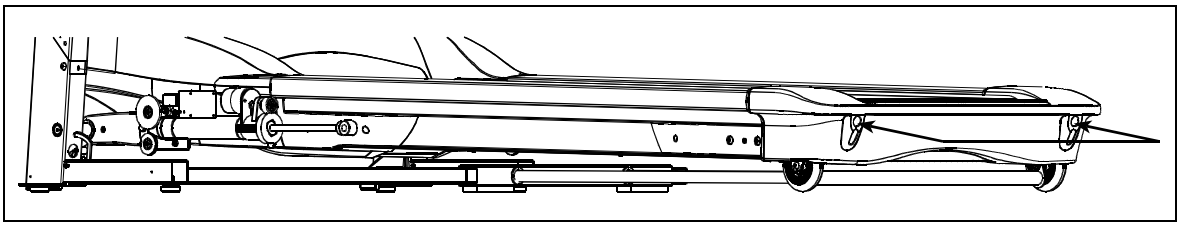
Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill.

- **Important**: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

BELT ADJUSTMENT:

The running belt has been properly adjusted at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

1. If your belt tends to walk to the right, rotate the right tension bolt clockwise. We recommend adjustments of 1/4 turn at a time, and follow with a test. If your belt continues to walk to the right, simply adjust the left belt tension bolt by turning it 1/4 turn counterclockwise, and follow with a test.
2. If your belt tends to walk to the left, rotate the left tension bolt clockwise 1/4 turn at a time, and follow with a test. If the belt continues to walk to the left, simply adjust the right tension bolt counterclockwise.
3. If your belt appears to be loose, simply tighten both bolts evenly 1/4 turn. If it appears tight, simply loosen both bolts evenly 1/4 turn.



Right and left tension bolts are located at the rear of the treadmill.

DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within the first year or 500 hours of use.

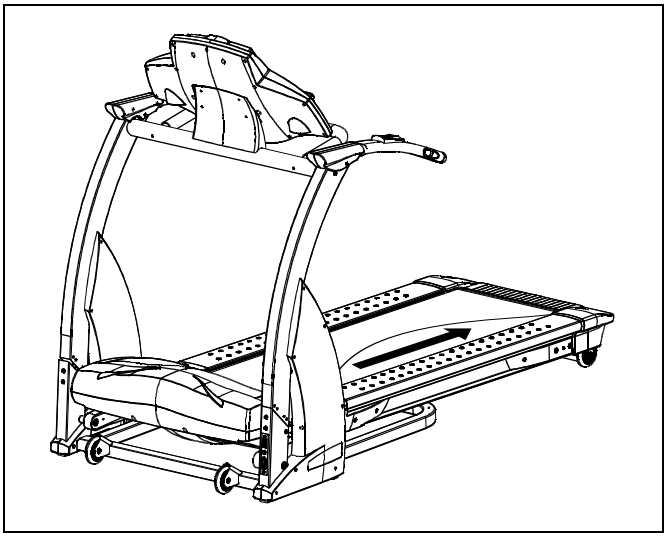
Every 30 days or 30 hours of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use a non-petroleum based silicone.

MAINTENANCE

To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the spray nozzle into the spray head of the lubricant can.
3. While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 15 cm (6 inches) from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
4. Allow the silicone to "set" for 1 minute before using the treadmill.



Spray lubricant from front to back.

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

- **Warning**: To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
- **Important**: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout**: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- **Weekly**: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target heart rate zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target heart rate zone. But remember these essentials:

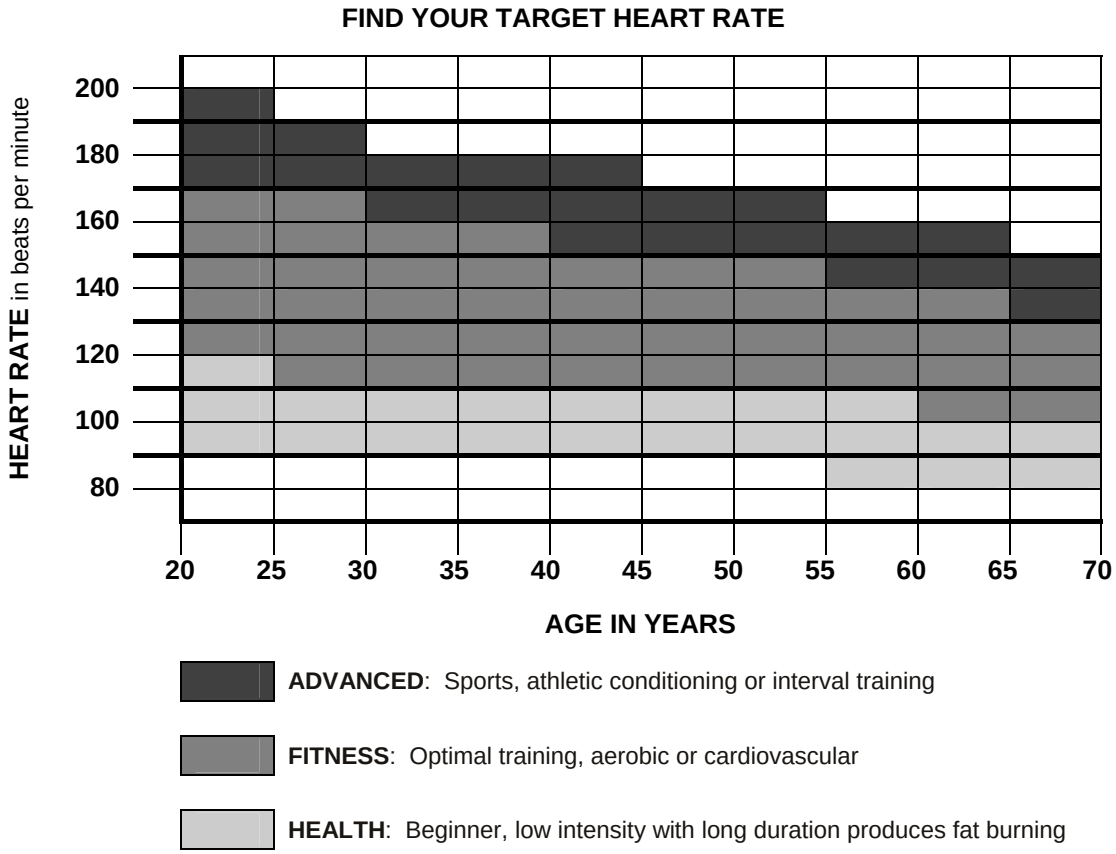
- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

TARGET HEART RATE

Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.



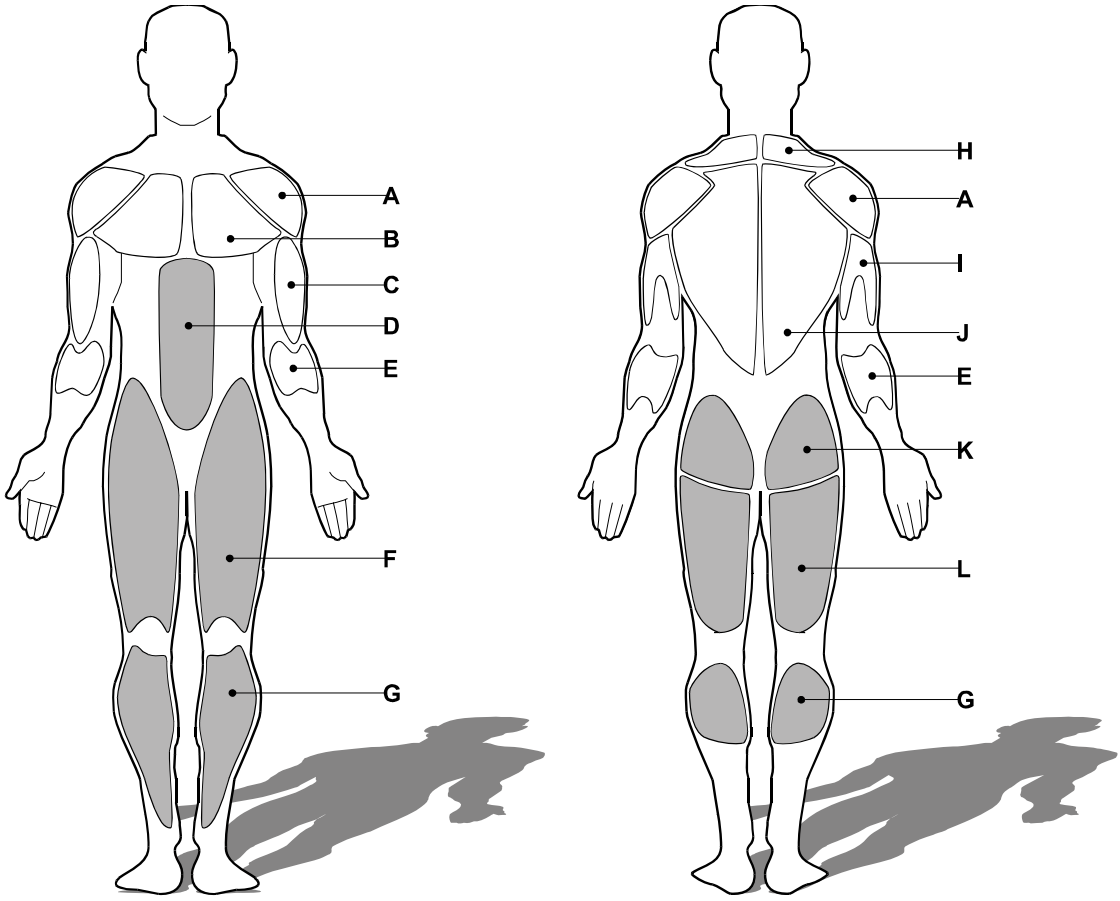
Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



Shoulder muscles	**A**	**B**	**Pectoral muscles**
Bicep muscle	**C**	**D**	**Abdominal muscles**
Forearm muscles	**E**	**F**	**Quadricep muscles**
Calf muscles	**G**	**H**	**Trapezius muscles**
Tricep muscles	**I**	**J**	**Back muscles**
Gluteal muscles	**K**	**L**	**Hamstring muscles**

STRETCHING ROUTINE

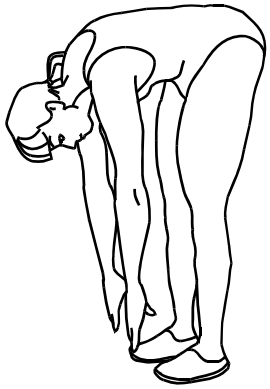
Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two or three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

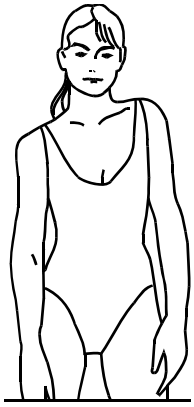
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



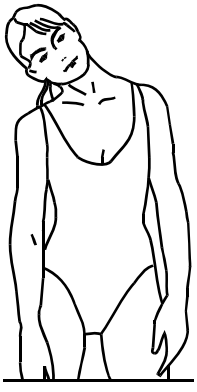
Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



Head Roll:

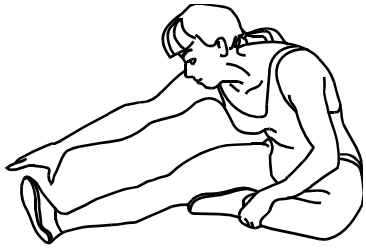
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



STRETCHING ROUTINE

Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



Inner Thigh Stretch:

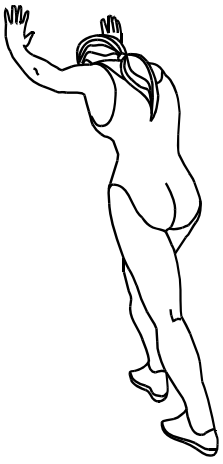
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



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